



SMOKE SIGNALS

December 2017



HAPPY HOLIDAYS
FROM
THE KAIBAB BAND OF PAIUTE INDIANS



Waiting! For this beautiful scene to appear!
But Fall doesn't want to leaf!!



Cool evening Sunset



**Community
Christmas Party**
will be held on
December 16, 2017 at
the Multipurpose building
starting at 4:00 pm

**Family Game
Night**
A Cultural Preservation,
Language Program and
CHR Health Educator
sponsored event!!

**Tribal Council
Meeting**
December 21, 2017
9:00 a.m.
Tribal Chambers

Tribal Office will
be closed
December 25,
2017





Greetings!

Well, the first month in office has been very busy and productive. We have been gearing up for the end of the year which means reports, budgets and finishing up projects for the year.

We are in the process of getting the wood delivered to our elders and those that qualify for the program. Each household will receive 2 cords of cedar and 1 cord of pine we are grateful for this State program; as it keeps our elders nice and toasty during the winter.

We look forward to seeing Tribal Members at the Community Christmas Party which will be held on Saturday, December 16, 2017 at the tribal gym. Look for the flyer in this newsletter for more information. This is a party to be coordinated by all villages so get involved and let's make this a good time for all.

There are vacant seats on the following tribal committees: Education, Enrollment, Elections. You can always call the Tribal Office and inquire about any committee you are interested in serving on.

Parents, the skate park pump track has been delivered and is being installed. We ask that you let your children know that until the pump track is completely installed this area is off limits. Look for the flyer inside this newsletter for a date for a Safety Training for the skate park.

For the time being I will be overseeing many of the duties of the Tribal Administrator as our Administrator Mr. Vince Toya will be out of the office for a few more weeks as he recuperates from his adventure with a horse. We wish him the speediest of recovery!

As we move into the Christmas Season it can be a lonely and difficult time for some of us as we are missing loved ones and feeling bah humbug. So now is the time to be a good human being to one another. Say hello or smile at someone you may brighten their day.

In closing I want to let you know that we have a great staff here at the Tribe who are willing and able to continue to make our Tribe continue to prosper.

Sincerely,





Human Resources

HC 65 Box 2

Fredonia, AZ 86022

Phone: (928) 643-7245 Fax: (888) 294-9453

E-mail: HR@kaibabpaiute-nsn.gov

Website: www.kaibabpaiute-nsn.gov

Employment Opportunities – November 20, 2017

CHR Registered Nurse: 24 hrs wk/Benefits after 90 days; \$24.00 hr

Must be clinically competent while delivering care to Kaibab Paiute Tribal patients in the community. Utilizing the nursing process of assessment, planning, intervention, implementation, and evaluation, the RN will effectively interact with patients, significant others, and other health team members. Provide services through case management on a consistent basis, including screening and ongoing assessment of patients: screen and assess patient; obtain and record vital signs; maintain immunization program for all tribal members and other federally recognized tribal members. Document and prepare clear, concise reports; maintain accurate patient records on PCC (patient care component); complete documentation in a timely manner; write and submit monthly reports. Promotes the efficient and effective use of a variety of healthcare resources by focusing on the whole patient. Services provided include, but are not limited to: education regarding diabetes and hypertension prevention and management; maternal and child health; women's and men's health; substance abuse and communicable disease control. Assure that systems are in place with regards to safe guarding patients medical information in accordance with HIPPA regulations. Work collaboratively with other members of the healthcare team in coordination of the patient's care. Answer phone calls and other inquires in a timely manner. Occasionally transport patient to doctors' appointments. All other duties as assigned.

Probation Officer: Part-Time (10 hrs wk)/No Benefits; \$12.00 hr

The Probation Officer is responsible for monitoring compliance of adult and juvenile offenders with Judgment and Sentencing Orders, Orders of Deferred Prosecution, Deferred Sentences and Conditions of Release after arraignment or bail hearing. Meet regularly with probation clients to verify compliance with drug and alcohol programs, domestic violence programs, mental health counseling, community service or any other condition of probation. File reports with the Court on the progress of each client as directed by the Judge. File documents when appropriate to seek revocation of a client's probation or provide Prosecutor with notice of a violation of a deferred prosecution agreement. Conduct pre-sentence reports to give the Court a client's personal and criminal history, treatment alternatives already attempted and proposed sentencing alternatives. Make sentencing recommendations for Defendants upon the request of the Court or Prosecution. Represent the Probation Department in Tribal Court at revocation hearings in the absence of the Prosecutor. Monitor Defendants who are released from custody pending trial to ensure that Defendant complies with any requirements upon which his/her release from custody was conditioned. Must administer drug and alcohol testing to clients as ordered by the Court. PROBATION OFFICER SHALL NOT HAVE THE AUTHORITY OF A POLICE OFFICER TO MAKE ARRESTS FOR VIOLATION OF PROBATION OR PAROLE AGREEMENTS.

Hatch Valley Grill Restaurant Manager: Full-Time/Benefits after 90 days; Wage DOE

The Manager is responsible for the leadership, management vision, and overall success of the Hatch Valley Grill Restaurant. The Manager is responsible to ensure the facility has the proper controls, reporting, and people in place to effectively and efficiently grow the business to ensure profitability and a positive customer experience. Oversee day-to-day activities of Hatch Valley Grill. Is responsible for all personnel management. Responsible for scheduling of personnel and making sure management is present or available by phone for all shifts. Directs and coordinates all business activities, including pricing, sales, and distribution of products. Ensures the timely and accurate delivery of invoices, check requests, weekly and monthly reports, this includes a monthly oral report to Tribal Council. Have a clear understanding of the store budget and revenue. Reviews financial statements, sales and activity reports and other performance data to measure productivity and goal achievement. Ensures a clean and safe work environment for employees and customers. Implement improvements and cost containment to assure profitability and success of the business. Responsible for store inventory, point-of-sales accurate recordkeeping, and sound money management practices. Works to develop and maintain productive business relations with vendors, suppliers, and all business partners. Stay Current with industry trends. Ensure store assets are properly maintained. Know and follow all applicable OSHA, federal, and tribal laws and regulations. Must have and maintain a current ServeSafe certification.

Hatch Valley Grill Assistant Manager: Full-Time; Wage DOE

The Assistant Manager is responsible for the leadership, management vision, and overall success of the Hatch Valley Grill Restaurant when the restaurant manager is not present. Oversees the shift by shift activities of the Hatch Valley Grill. Assists the manager with personnel management including, but not limited to, selection, performance appraisals, professional development, and discipline. Ensures a clean and safe work environment for employees and customers. Ensures all policies and procedures are followed. Know and follow all applicable OSHA, federal, and tribal laws and regulations. Must have and maintain a current ServeSafe certification. All other duties as assigned or required.

Restaurant Crew: Full & Part-Time (20-40 hrs wk)/No Benefits; \$10.00 hr

This position requires hands-on cooking as well as great customer service skills and cashier experience. Must have familiarity with cashiering and restaurant operations. The applicant must be able to provide pleasant and courteous service to customers according to tribal goals, policies and procedures. This position requires a high degree of initiative and attention to detail, excellent communication skills and the ability to project the desired tribal image of courteous, friendly service to customers. The applicant must be able to maintain a variety of records and reports. Must be able to handle cash transactions, be responsible for general cleanup, restocking of inventory and performing all related duties as necessary. Be able to work all shifts including evening, weekend and holidays and must be able to closely follow written and oral instructions.

For full job description and qualifications see Human Resources or website.

Please follow the guidelines listed below when filling out your application:

1. Complete the Application for Employment in its entirety, providing detailed and accurate information; include area codes with phone numbers, city, state zip codes with addresses, particularly on the Employment History section. Incomplete applications will not be considered.
2. Indian Preference will be given if an attached copy of your tribal document or ID card demonstrating proof of eligibility.
3. Return the completed application and the following: education requirement verifications, copy of driver's license and 36 month driving record, and two completed fingerprint cards (available at the Human Resource Office) to the Tribal Affairs Building located at 1 North Pipe Spring Road and HWY 389. Applications and verifications will be accepted by mail: HC 65 Box 2, Fredonia, AZ 86022.
4. Any offer of employment will be contingent upon the satisfactory completion of a drug test and background check.

It is important your application show all relevant education & experience you possess, including transcripts, diplomas, training certificates, 36 month driving record, etc. **Applications will not be considered if incomplete.** HR will accept resumes, however, the applicant understands that it is not in lieu of the application; "see resume attached" on the application will not be accepted.

Pre-employment background screening will be conducted. All Positions require a high school diploma or GED except for Day Laborer, Language Director, and C-Store Clerk. Full-time positions will receive full benefits that include Medical, Dental, Vision, HRA, Gap Insurance, plus Annual and Sick Leave, 13 paid Holidays and Birthday Leave.

CONFIDENTIALITY:

Each employee is required to sign a confidentiality agreement. Violation of this agreement can result in immediate dismissal.

November 16, 2017

Hello!!

My name is Lisa Stanfield and I am the new Language Director. I live in Kaibab Village and the granddaughter of the (late) Mabel Sampson Drye and the daughter of the (late) Elousie Drye Benn. I have three brothers Benn Pikyavit, Benedict Pikyavit and the (late) Darrell Drye.

I have three kids Micheal, Taylor and Aurielle.

I am honored to be the Language Director and willing to learn more and open to suggestions.

The language department will be open from 9 a.m. to 2:00 p.m. Monday through Friday, for right now, until I get the language classes going.

The days will change once the language classes begin Monday, Wednesday and Friday 9 a.m. to 2:00 p.m. Tuesday and Thursday 2:00 to 7:00 p.m. I will meet with the Teachers on Tuesday and Thursday. The Class will be held in the community building.

A van will be coming around to pick you up, so please specify that you will need a ride on the sign-up sheet.

Thank you

KAIBAB PAIUTE REGISTRATION FORM

FOR LANGUAGE CLASS

Kaivavich Nengwe Ampaxapi

(Kaibab Paiute Language)

NAME _____

ADDRESS _____

PHONE # _____

Please Circle your Answer

Do you understand Paiute? Yes/No Some Very little

Do you speak Paiute? Yes/No some very little

Will you need a ride? Yes/No

Please indicate if you are Child Yes/No

Please indicate if you are Adult Yes/No

What day and time would be best for you to attend class?

Wanting to learn the Paiute Language is a Great thing let's keep our language going 😊

Wildlife Department

Hunting Season is here somethings you hunters need to know:

- Parents or Guardians remember anyone under the age of 18 needs to have a hunter safety card from the Tribe, State of Arizona, or the State of Utah, you can get on the internet to get one, it state this in the wildlife ordinance.
- You need to return the white tag filled out to the Director or you will not get another permit, per Tribal Council Directive.
- You need to have a Deer Hunting permit on your person before going out to hunt.
- Three deer per household and you cannot sell your permit to some else or someone can't shoot the deer for you.
- If you can't hunt and want deer meat you can ask a tribal member to be your certified hunter all you need is to fill out the form.
- A Minor under the age of 18 cannot hunt alone, he needs to be accompanied by an adult over 18 years old.
- Do not Waste the meat!
- Do not litter! Bring out all Trash.
- Do not pick up old horns.
- Tell someone where you are going to hunt and about what time you will return.
- No Hunting from November 12 to December7, 2017

Big Game Hunts and Luncheons

Big Game hunts start Nov. 18 – 22 and the Luncheon is on Nov.20

Second Hunt – Nov. 25-29, 2017 and the luncheon is Nov. 27.

Third Hunt – Dec. 2-6, 2017 and the luncheon is Dec.4,

*** Don't forget to turn in the white part of the hunting permit are you will not be issued another permit, this helps the Wildlife Department keep track of yearly harvested deer.

Call the Wildlife Departme





Tribal Archives – Photo Project

Do you have old black and white or colored photographs of the **good’ol days** just lying around or stored away?

The Cultural Preservation Department is planning on holding a *Winter Tribal History Showcase “This Is Us - Through the Lens”* featuring recently donated photographs by tribal families.

Please consider donating your old photographs or allowing the Cultural Preservation/Tribal Archives to make a digital copy of your photographs your originals will be returned to you.

“FREE” digital copies will be made available to those who bring a new unopened USB drive in its original package.

For more information call 643-7365.



Language Preservation Activity

Paiute
Style



Thursday, December 7, 2017

Kaibab Community Building

5:30 PM – 8:00 PM

SPONSORED BY:

**Cultural Preservation
Language Program
CHR Health Educator**

**Deer meat generously donated by the
Wildlife Department & Wildlife Committee Members**

Working together we want to encourage healthy ways of eating and sharing meals together as a family. Spending quality family time together while continuing to practice using our Paiute Language in fun new ways.

**Family
Fun!**

**Come one
Come all!**

**Food
Games!**

For more information contact LeAnn at the Cultural Preservation Office
643-7365 or email lshearer@kaibabpaiute-nsn.gov

TOXIC CHEMICALS FOUND IN CIGARETTES

THE SECRETS THEY KEEP

HERE ARE SOME OF THE HARMFUL CHEMICALS HIDING IN CIGARETTE SMOKE...

<p>NICOTINE A deadly toxin that raises blood pressure and increases blood pressure. Nicotine is commonly used in insecticides.</p>	<p>BENZOPYRENE One of the most potent cancer-causing chemicals known. You find it in tar, coal, engine exhaust fumes, burnt food and tobacco smoke.</p>	<p>ARSENIC A toxic metal used in wood preservatives and insecticides. Arsenic causes death from multi-organ failure in high doses and headaches, dizziness and weakness in low doses.</p>	<p>ACETONE An active ingredient in nail polish removers and paint thinner. In cigarette smoke, it irritates the respiratory tract.</p>	<p>LEAD A toxic metal that damages nerve connections and causes blood, kidney and brain disorders in high doses.</p>	<p>FORMALDEHYDE It kills most species of bacteria and is used for preserving dead bodies and laboratory specimens. It causes cancer and is now banned in many countries.</p>
<p>TURPENTINE A paint thinner. In cigarette smoke, it irritates the respiratory tract. High exposures cause kidney and nerve damage.</p>	<p>PROPYLENE GLYCOL The tobacco industry claims they use it to keep tobacco moist and flexible. Scientists say it carries smoke deeper into the lungs so more nicotine is absorbed.</p>	<p>BUTANE Used in cigarette lighter fuel.</p>	<p>CADMIUM Used in batteries. It builds up in the body and causes cancer. Cigarette smoking is the main cause of cadmium exposures.</p>	<p>AMMONIA Used in household cleaning products. The tobacco industry says it improves flavor and makes tobacco more flexible. Scientists say it helps deliver nicotine to the brain faster.</p>	<p>BENZENE Found in crude oil, it causes leukemia and other cancers.</p>

Cigarette smoke contains over 4,000 chemicals. Even if you don't smoke you can still be harmed by these poisonous chemicals by being around people who are smoking.

Smoking can lead to Chronic Disease, and eventually death. Smoking causes diseases such as: Emphysema, Bronchitis, Lung Cancer, Throat Cancer, Mouth Cancer, Heart and kidney disease, and more. If you or a loved one have a smoking addiction, it's never too late to QUIT!

If you or a loved one are addicted to smoking cigarettes, or you would like some help quitting please feel free to reach me, I will be glad to help you come up with a plan and get you on your way to living a healthier life.

Valerie Martinez, Tobacco Coordinator

(928) 643-8335 Mon-Fri. 8 a.m. - 5 p.m.

Vmartinez@kaibabpaiute-nsn.gov

7 FACTS ABOUT COMMERCIAL TOBACCO:

- Each day, more than 3,200 people under 18 smoke their first cigarette, and approximately 2,100 youth and young adults become daily smokers.
- 9 out of 10 smokers start before the age of 18, and 98% start smoking by age 26.
- 1 in 5 adults and teenagers smoke.
- More than 16 million people already have at least one disease from smoking.
- More than 20 million Americans have died because of smoking since 1964, including approximately 2.5 million deaths due to exposure to secondhand smoke.
- 8.6 million People live with a serious illness caused by smoking.
- On average, smokers die 13 to 14 years earlier than nonsmokers.

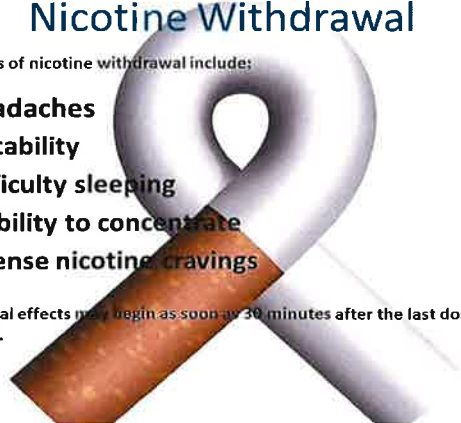
IT'S NEVER TOO LATE TO QUIT!!!

Nicotine Withdrawal

Symptoms of nicotine withdrawal include:

headaches
irritability
difficulty sleeping
inability to concentrate
intense nicotine cravings

Withdrawal effects may begin as soon as 30 minutes after the last dose of nicotine.



BMX/SKATE PARK SAFETY CLASS

Please bring your children to the Skate Park Safety Class to learn safety, the rules and get your free helmet from CHR



THE BMX/SKATE PARK SAFETY MEETING IS:

- WHEN:** FRIDAY December 8, 2017 1:00 pm
- WHERE:** Tribal Gym
- WHO:** ALL KIDS, PARENTS AND ADULTS INTERESTED IN THE TRIBAL BMX/SKATE PARK
- WHY:** TO LEARN SAFETY AND THE RULES FOR THE PARK

CALL PENNY AT 928-643-8323 WITH QUESTIONS

KAIBAB PAIUTE BMX / SKATEPARK RULES

THE FOLLOWING RULES AND REGULATIONS HAVE BEEN ESTABLISHED FOR USE OF THE BMX/SKATEPARK TO ENSURE PARTICIPANT SAFETY, CLEANLINESS OF THE FACILITY AND TO MAXIMIZE PARTICIPANT ENJOYMENT. THE KAIBAB PAIUTE TRIBE AND THE COMMUNITY HAVE MADE A SIGNIFICANT COMMITMENT TO THIS PARK. PLEASE TAKE CARE OF YOUR INVESTMENT!

- THE KAIBAB PAIUTE TRIBE WILL NOT BE HELD RESPONSIBLE FOR ACCIDENTS, INJURIES, LOST OR STOLEN ITEMS.
- THIS IS A NON-SMOKING UNSUPERVISED BMX/SKATEPARK AND ITS USE IS FREE OF CHARGE.
- KNOW YOUR ABILITY AND SKATE AT YOUR OWN RISK.
- BE COURTEOUS TO OTHERS USING THE FACILITY. SKATING OR RIDING AGAINST TRAFFIC FLOW IS DANGEROUS AND CAN CAUSE SERIOUS INJURY.
- HELMETS AND PROTECTIVE GEAR ARE REQUIRED FOR ANYONE UNDER THE AGE OF 18 AND RECOMMENDED FOR ALL PARTICIPANTS.
- NO ACTIVITY IS PERMITTED WHEN SURFACE IS WET OR ICY.
- CHILDREN UNDER THE AGE OF 6 MUST BE ACCOMPANIED BY AN ADULT.
- THE BMX/SKATEPARK IS OPEN FROM DAWN TO DUSK.
- THIS IS YOUR PARK. PLEASE HELP KEEP IT CLEAN. PUT TRASH IN THE TRASH CANS EVEN IF IT ISN'T YOURS.
- DRUGS, ALCOHOL, TOBACCO, GLASS CONTAINERS, SMOKING, PROFANITY, FIGHTING, HORSEPLAY, DESTROYING OR DEFACING PUBLIC PROPERTY ARE PROHIBITED.
- PLEASE KEEP NOISE TO A MINIMUM.
- FOOD AND BEVERAGES ARE NOT ALLOWED ON THE SKATING SURFACES.
- MOTORIZED VEHICLES ARE NOT ALLOWED. THIS PARK IS FOR BIKES, SKATES, SKATEBOARDS AND SCOOTERS.
- THE KAIBAB PAIUTE TRIBE RESERVES THE RIGHT TO RESTRICT OR REVOKE THE USE OF THE BMX/SKATEPARK TO INDIVIDUALS WHO VIOLATE THE RULES AND REGULATIONS OF THE PARK.
- PROTECT YOUR PARK FROM GRAFFITI AND ABUSE. REPORT ANY MAINTANANCE OR SAFETY CONCERNS TO THE SUBSTANCE ABUSE PROGRAM 928-643-8323.
- CALL 911 FOR EMERGENCIES.

A.A. and N.A. Meetings in Kanab and Kaibab**Kanab Meetings on UTAH Time****SUNDAY**

Sunday Morning AA	68 West 400 North (American Legion Hall)	Kanab	10:00 AM
Grapevine Study AA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM

MONDAY

Came to Believe AA	Airport Search and Rescue Bldg. (2 nd Floor)	Kanab	NOON
Hang in There NA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM

TUESDAY

Talking Circle	Kaibab Community Bldg.	Kaibab	5:00 PM AZ TIME
NA Meeting	445 North Main St. (Southwest Center)	Kanab	7:00 PM
Singleness of Purpose AA	530 S. Hwy. 89A (United Church)	Kanab	8:00 PM

WEDNESDAY

Newcomer's Meeting AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Came to Believe AA	Airport Search and Rescue Bldg. (2 nd Floor)	Kanab	7:00 PM

THURSDAY

Serenity Sisters	1569 S. Escalante	Kanab	5:30 PM
Singleness of Purpose AA	530 S. Hwy. 89A (United Church)	Kanab	5:30 PM
NA Meeting	68 West 400 North (American Legion Hall)	Kanab	6:30 PM
Kaibab Living Sober AA	Kaibab Community Bldg.	Kaibab	NOON AZ TIME

FRIDAY

Nooners AA	68 West 400 North (American Legion Hall)	Kanab	NOON
Relax & Recover AA and Alanon	1314 S. Prairie Circle	Kanab	7:00 PM

SATURDAY

NA Meeting	68 West 400 North (American Legion Hall)	Kanab	4:00 PM
Allered Attitudes (1 st SAT Only) Potluck	68 West 400 North (American Legion Hall)	Kanab	6:00 PM Potluck 7:00 PM Speaker
Speaker AA	68 West 400 North (American Legion Hall)	Kanab	7:00 PM



Education Connection

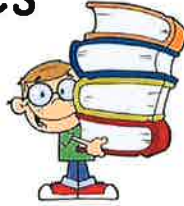
December 2017

Library Hours
Mon-Thurs 12-5
Friday 9-3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Community Movie Night 6:00 pm	2
3	4	5 FMUSD Board Mtg. 6 p.m.	6	7 KCSD Board Mtg. 7 p.m.	8 Library Closed	9
10	11 CCSD Board Mtg. 6 p.m.	12 Education Committee Meeting 10 a.m.	13	14	15	16
17	18	19	20 Book Club Adult Coloring 5:30-7:00 p.m.	21 Tribal Council	22	23
24	25 Christmas Day Library closed	26 Library Closed	27 Library Closed	28 Library Closed	29 Library Closed	30
31						

Check out our new webpage for current information and flyers
<http://kpteducationlibrary.weebly.com/>

December Activities



Adult Book Club Wednesday, December 20th 5-6:30 p.m. @ Library

Book Tasting Party

Please join us for discussion, food, and prizes! Feel free to bring a tasty Christmas treat to share! We will be sampling excerpts out of a variety of different books to get ready for a new year of reading!

If you are not able to attend, but would like to read the book and participate, please email me for the book report form.

abundy@kaibabpaiute-nsn.gov

Adult Coloring Night

December 20th

5-6:30 p.m.

Come relax and unwind with an adult coloring book.

Coloring can reduce stress, anxiety, negative feelings, and much more. It is a therapeutic way to create mindfulness and focus. Materials will be provided.

Women's Craft

January 31st

5:30-7:30

FRIDAY MOVIE NIGHT AT THE COMMUNITY BUILDING

Presented by Education and CHR

December 1st

6:00 p.m.

Movie to be announced

CHR will be providing a free nutritious snack. Bring a comfy chair, your pj's, and your family for a fun community event.



**Naughty
Or
Nice?**



★HAPPY★ BIRTHDAY!

December Birthdays A very special Happy Birthday to:



Jaden Bullets
Carlie Bullets
Dallas Bullets
Alaina Curry
Saydee Levi
Zion Rhodes
Koah Stanfield
Tyreil Tacheene
Wenona Tonegates
Cianna Yepa



In an ongoing effort to recognize our students, we will begin spotlighting birthdays. If you have a tribal student with a birthday that is not listed please call me to update my information 928-643-6025

Keep Reading!!
36,500 minutes is our goal
We have reached 7,000!

Keep up the good work everyone! If you haven't reported your reading please let me know. Every minute counts!



Mr. Beebe will be gone until after the first of the new year. Tutoring will be dependent on students. If there are no students in the library, I will be leaving by 5. Fridays by appointment

What Wise Women Know

We feel obligated to our family. That's just how Native women are. We put our children, partners, parents and extended family members first. So putting ourselves first can be hard. But sometimes that's what we need to do to avoid diabetes, heart disease and other illnesses. We have to take time for ourselves, to exercise and eat right.

A program in Juneau, Alaska, knows that Native women want to take care of their families. It feels good. But, we must also take care of ourselves, so we will be around for a long time!

The Wisewoman Program has a goal to help Native women have healthy hearts. The program helps women be more active, eat healthier foods and quit smoking.

It's a success! Many women are exercising, eating healthy foods and losing weight. One of the main reasons the program is working is because it encourages all women to include their families.

Take a walk in the woods with your partner! Gather shellfish on the beach with your children! Change the eating habits of your whole family! These are messages that Native women like to hear.

Charmayne Druley (Tlingit) has been a member of the Wisewoman Program for 1 ½

years. She agrees that her husband, three children and two stepchildren are very important. She says she sticks with the program because her entire family is involved.

"My husband walks with me. He has lost 15 pounds," she says.

Every family member has become more active and changed eating habits. They eat more fresh fruits and vegetables. They eat less fast food and fewer chips and fried foods. They make dinner, and don't eat as many TV dinners.

"Now, my children ask for healthy meals," says Charmayne.

Since joining the Wisewoman Program, Charmayne has lost 10 inches. Her dress size has gone from 22 to 16. Her blood sugar and cholesterol levels have gone down.

She says she has changed her lifestyle. Here are some things she does regularly:

- ▶ has her blood sugar and cholesterol checked
- ▶ wears a pedometer, and tries to walk at least 10,000 steps each day
- ▶ goes to Wisewoman cooking classes and learns new recipes that use less fat and sugar
- ▶ swims
- ▶ knows when she feels stress, then breathes deeply or exercises to get rid of stress

Everything that Charmayne does to help her heart will also help her prevent diabetes. She wants to stay healthy for herself and for her family. She does not think she is a hero. These changes took many months. She did not do them by herself.

She is thankful to her grandfather for making her feel special when she was a child. She is thankful to her husband and children for joining her in making healthy lifestyle changes.

Charmayne has a stressful job. She says the Wisewoman Program taught her how to get rid of stress. Regular exercise helps her. And, when she feels stressed, she takes time out to breathe deeply.





Questions & Answers



About Women and Heart Disease

Charmayne Druley (Tlingit) is at risk for heart disease and diabetes. She knows that the leading cause of death for women is heart disease. She is taking steps to reduce her risk. She is part of the Wisewoman Program at the SouthEast Alaska Regional Health Consortium.

Charmayne is learning that what she does to prevent heart disease will also help her prevent diabetes. She is eating more healthy foods and being active every day.

Her husband and children are joining her. Her husband walks with her. He has lost 15 pounds. Her children are eating fewer fast foods and more fresh foods. Charmayne is glad her entire family is taking steps to reduce their risk for heart disease.

What is heart disease?

Coronary heart disease, the most common form of heart disease, affects the blood vessels of the heart. It causes heart attacks and angina. Angina is a pain in the chest that happens when a part of the heart does not get enough blood.

Are Native American women at risk for heart disease?

Yes. Heart disease is the leading cause of death for American Indians and Alaska Natives.

If I have diabetes, am I at greater risk?

Yes. Women with diabetes are more likely than others to die from heart attacks. Controlling your blood sugar, blood pressure, and cholesterol level will help reduce your risk.

What puts Native American women at risk for heart disease?

You are at risk for heart disease if you:

- have diabetes
- have high blood pressure
- have high cholesterol
- are overweight or obese
- are not physically active
- smoke or use tobacco

Do women experience heart attacks differently than men?

Yes. When a man has a heart attack, he will often feel pressure, fullness, squeezing, or pain in the center of the chest. It often lasts longer than a few minutes, or comes and goes. The pain might spread to one or both arms, the back, jaw or stomach. He might have cold sweats and nausea. While some women have similar symptoms, there are others to watch out for.

What are some different symptoms women should look for?

Women may have symptoms such as an upset stomach, a burning feeling in the upper abdomen and light-headedness.

How can I reduce my risk of heart disease?

There are many small ways to help reduce your chances for getting heart disease. You can:

- keep your blood pressure under control
- keep cholesterol at healthy levels—eat more fresh fruits and vegetables—eat more lean meats and

MORE →

continued from previous page

fewer
high-fat foods

- don't smoke
- get at least 30 minutes of exercise on most days of the week—if you are just starting to exercise, see your health care provider first—start slowly with 10 minutes of exercise
- maintain a healthy weight—ask your health care provider what a healthy weight is for you
- choose foods carefully—eat less fat, less salt, fewer calories and more fiber

How can I help my family reduce their risk of heart disease?

The steps you take to reduce your risk will help your entire family. Your partner and children can join you in preventing heart disease. Start today!

- be physically active daily
 - take walks together
 - ride bikes
 - go swimming
 - play basketball
- eat more healthy foods
 - eat more fresh fruits and vegetables
- eat more lean meats

- eat fewer high-fat and high-sugar foods
- avoid tobacco
 - if you smoke, stop
 - if you don't smoke, don't start
- take care of your spirit
 - pray or meditate every day
 - walk in nature
 - learn more about your traditions
 - choose to be around people who treat you with respect
 - know you are worthy of love



Produced by IHS
Division of Diabetes Treatment
and Prevention, 2/2012

“It's not work! It's guilt-free fun!”

Sandra Armijo (Santa Ana) has been running and doing aerobics for 15 years. It helps prevent diabetes and makes her feel great. She says making time for herself is a good thing.

“At first, I felt some guilt. I thought I should be home. But, if I wasn't exercising, I'd be home, sitting on the couch, eating chips! My health is important for me and my family!”



THE PUMP TRACK IS HERE!

**Installation will begin on Thursday November 30,
2017**

**The location of the Safety Class has changed to
the**

COMMUNITY BUILDING on

Friday December 8 at 1:00 pm

**Parents please bring your kids and learn the
rules and safety with them.**

**Kids please don't use the pump track until after
the safety class.**

Penny Keller LASUDC

Kaibab Paiute Tribe

Substance Abuse Director

928-643-8323 phone

888-822-3734 fax

Community

CHRISTMAS PARTY!



DECEMBER 16 5:00 P.M.

Come out and enjoy the party! We will be having fun
contests and games!

featuring
CONTESTS AND GAMES

**TALENT SHOW
UGLY SWEATER
COOKIE DECORATING**

**X-MAS TREE
DECORATING
BINGO!**

Supplies
Provided!

R.S.V.P.

Deadline December 6

Please RSVP before the party.

There will be family gifts this year so please RSVP if your family wants
to receive a gift. We also do need to have a count of how many people
will be attending!

Please call the receptionist at the front office
643-8300